

Clinical Practice Guidelines

Sanford Health Plan is responsible for adopting and distributing clinical practice guidelines for acute, chronic and behavioral health care services that are relevant to our membership. Clinical practice guidelines are systematically developed statements that help practitioners and members make decisions about appropriate health care for specific clinical circumstances. These guidelines can improve health care and reduce unnecessary variations in practice patterns. Practice guidelines are based on reasonable medical evidence, such as clinical literature and expert consensus. The Plan's multi-specialty physician committee, the Physician Quality Committee, has reviewed and approved practice guidelines for numerous conditions. Where links are provided, Sanford Health Plan has adopted the clinical practice guidelines exactly as they are written by the respective organizations. If you have any questions or suggestions regarding these guidelines or would like to request a copy of the guidelines, please visit the [mySanfordHealthPlan](#) provider portal or call the Health Plan at (800) 601-5086 or (605) 328-6877.

Clinical Practice Guidelines Adopted from Sanford Health:

The following guidelines in this section were developed by the Sanford Clinical Practice Committee and adopted by Sanford Health Plan's Physician Quality Committee.

ADHD

Sanford Clinic Attention Deficit Hyperactivity Disorder (ADHD) (Age 6-18) Practice Guideline for Primary Care. Revised 11292017.

Appropriate Antibiotic Utilization

Pediatric:

Pediatric Acute Bacterial Sinusitis (ABS) Guideline. Revised 02062014.

Pediatric Pharyngitis Guideline (Age 5-17 Years). Revised 12222015.

Pediatric Acute Otitis Media (AOM) Guideline (Children >2 Months of Age). Revised 07282014.

Adults:

Adult Acute Bacterial Rhinosinusitis (ABRS) Guideline. Revised 01252017.

Adult Acute Pharyngitis Guideline (Age 16 Years and Older). Revised 03052014.

Adult Acute Bronchitis Guideline. Revised 03052014.

Adult Acute Exacerbation of Chronic Bronchitis (AECB) Outpatient Guideline. Revised 04162014.

Asthma

Sanford Clinic Adult Asthma Practice Guidelines (age 12 and older). Revised 08032016.

Sanford Clinic Asthma Practice Guidelines (age 5-11). Revised 08032016.

Sanford Clinic Asthma Practice Guidelines (age 0-4). Revised 06192013.

Breast Cancer Screening

Sanford Clinic Breast Density Mammogram Guideline. Revised 05062015.

Sanford Clinic Breast Cancer Screening Guideline. Revised 05232016.

Cervical Cancer Screening

Sanford Clinic Cervical Cytology Screening Guideline. Revised 08222012.

Chronic Pain Management and Chronic Opiate Therapy

Sanford Clinic Effective Chronic Pain Management and Chronic Opiate Therapy Guideline. Revised 08252017.

Congestive Heart Failure

Sanford Clinic Adult (Age ≥ 18) Heart Failure (HF) Guideline. Revised 03292017.

COPD

Sanford Clinic Evaluation and Treatment of COPD in Adults. Revised 08252017.

Depression

Sanford Clinic Major Depression (Age ≥ 12) Practice Guideline. Revised 08052014 ARR.

Diabetes

Sanford Clinic Type 2 Diabetes Screening & Treatment Regimen. Revised 08252017.

Obesity

Adults:

Sanford Clinic Adult Obesity (Age ≥ 18) Practice Guideline. Revised 11112016.

Children/Adolescents:

Sanford Clinic Pediatric (Ages 3-17) Obesity Guideline. Revised 08012013 ARR.

Other Clinical Practice Guidelines:

Cardiovascular Health

Medical Management of Stable Coronary Artery Disease.

Source: Pfeifer DO, Matthew, Winslow MD, Bradford T., Mills PharmD, Kyle, Dauber MD, Ira M, Am Fam Physician (4/1/11) 2011 Apr 1; 83(7):819-826.

[View these guidelines on the American Family Physician website.](#)

2013 AHA/ACC Guideline on Lifestyle Management to Reduce Cardiovascular Risk: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines.

Source: Endorsed by the American Association of Cardiovascular and Pulmonary Rehabilitation, American Pharmacists Association, American Society for Nutrition, American Society for Preventive Cardiology, American Society of Hypertension, Association of Black Cardiologists, National Lipid Association, Preventive Cardiovascular Nurses Association, and WomenHeart: The National Coalition for Women With Heart Disease. Revised 01272015.*

*Please refer to June 24, 2014 or January 27, 2015 corrections for further information on changes.

[View these guidelines on the American Heart Association website.](#)

Chlamydia Screening

Sexually Transmitted Diseases Treatment Guidelines, 2015

Centers for Disease Control and Prevention. Sexually Transmitted Diseases Treatment Guidelines, 2015. MMWR Recomm Rep 2015;64(No. RR-3): 1-137.

[View these guidelines on the CDC website.](#)

Cholesterol

2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. Stone NJ, Robinson J, Lichtenstein AH, et al. J Am Coll Cardiol 2013. [Epub Ahead of Print].

ACC expert consensus decision pathway on the role of nonstatin therapies for LDL-cholesterol lowering in the management of atherosclerotic cardiovascular disease risk: a report of the American College of Cardiology Task Force on Clinical Expert Consensus Documents. Lloyd-Jones DM, Morris PB, Ballantyne CM, Birtcher KK, Daly Jr DD, DePalma SM, Minissian MB, Orringer CE, Smith SC. 2016. J Am Coll Cardiol 2016 April 1 [E-pub ahead of print]

2017 Focused Update of the 2016: ACC Expert Consensus Decision Pathway on the Role of Non-Statins Therapies for LDL-Cholesterol Lowering in the Management of Atherosclerotic Cardiovascular Disease Risk Donald M. Lloyd-Jones, Pamela B. Morris, Christie M. Ballantyne, Kim K. Birtcher, David D. Daly, Sondra M. DePalma, Margo B. Minissian, Carl E. Orringer, Sidney C. Smith
Journal of the American College of Cardiology Oct 2017, 70 (14) 1785-1822; DOI: 10.1016/j.jacc.2017.07.745

[View these guidelines on the Journal of the American College of Cardiology website.](#)

Colorectal Cancer Screening

Cancer screening in the United States, 2017: A review of current American Cancer Society guidelines and Current Issues in Cancer Screening.

Source: John Wiley & Sons, Ltd; TY-JOUR; AU-Smith, Robert A.; AU-Andrews, Kimberly S.; AU-Brooks, Durado; AU-Fedewa, Stacey A.; AU-Manassaram-Baptiste, Deana; AU-Saslow, Debbie; AU-Brawley, Otis W.; AU-Wender, Richard C. TI-Cancer screening in the United States, 2017: A review of current American Cancer Society guidelines and current issues in cancer screening. CA: A Cancer Journal for Clinicians; SN-1542-4863; UR-<http://dx.doi.org/10.3322/caac.21392>; DO-10.3322/caac.21392; KW-American Cancer Society

[View these guidelines on the American Cancer Society's CA: A Cancer Journal for Clinicians website.](#)

Healthy Pregnancy

American Academy of Pediatrics, American College of Obstetricians and Gynecologists. *Guidelines for Perinatal Care. 8th ed.* Source: AAP Committee on Fetus and Newborn and ACOG Committee on Obstetric Practice; Editors: Sarah J. Kilpatrick, MD, PhD, FACOG and Lu-Ann Papile, MD, FAAP; Associate editors: George A. Macones, MD, FACOG and Kristi L. Watterberg, MD, FAAP 9/15/2017.

[These guidelines are available for purchase on the American Academy of Pediatrics website.](#)

HIV

Guidelines for the Use of Antiretroviral Agents in Adults and Adolescents Living with HIV. What's New In The Guidelines? Revised: May 30, 2018

[View these guidelines on the AIDSinfo website.](#)

Hypertension

2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. Source: Paul K. Whelton, Robert M. Carey, Wilbert S. Aronow, Donald E. Casey Jr., Karen J. Collins, Cheryl Dennison Himmelfarb, Sondra M. DePalma, Samuel Gidding, Kenneth A. Jamerson, Daniel W. Jones, Eric J. MacLaughlin, Paul Muntner, Bruce Ovbiagele, Sidney C. Smith Jr., Crystal C. Spencer, Randall S. Stafford, Sandra J. Taler, Randal J. Thomas, Kim A. Williams Sr., Jeff D. Williamson and Jackson T. Wright Jr. 11/13/2017.

[View these guidelines on the American College of Cardiology website.](#)

Immunizations

2018 Recommended Immunization Schedules on the Internet.

Source: Centers for Disease Control and Prevention, Georgia. February 6, 2018. Reviewed by the Sanford Health Plan Physician Quality Committee.

[View these guidelines on the CDC's website.](#)

Low Back Pain

ACR Appropriateness Criteria® low back pain. [online publication].

National Guideline Clearinghouse (NGC). Guideline summary: ACR Appropriateness Criteria® low back pain. In: National Guideline Clearinghouse (NGC) [Web site]. Rockville (MD): Agency for Healthcare Research and Quality (AHRQ); 2015 Jan 01. Available: <https://www.guideline.gov> Updated: 2017 Feb 05

[View these guidelines on the AHRQ National Guideline Clearinghouse website.](#)

Menopause

Management of Menopausal Symptoms

Source: Obstetrics & Gynecology; Obstet Gynecol. 2015 Oct; 126(4): 859–876. 10.1097/AOG.0000000000001058.

[View these guidelines on the National Center for Biotechnology Information website.](#)

Treatment of Menopausal Symptoms with Hormone Therapy

Source: UpToDate Online Article; Kathryn A. Martin, MD and Robert L. Barbieri, MD

[View these guidelines on the UpToDate website.](#)

Mental Health

The American Psychiatric Association: *Practice Guidelines for the Psychiatric Evaluation of Adults, Third Edition, 2016.*

[View these guidelines on the American Psychiatric Association Publishing website.](#)

Anxiety: American Psychiatric Association, *What Are Anxiety Disorders?*, 1/2017.

[View these guidelines on the American Psychiatric Association website.](#)

Migraines/Headaches

International Headache Society, *The International Classification of Headache Disorders 3rd Edition* (2018).

[View these guidelines on the International Headache Society website.](#)

Osteoporosis

Clinician's Guide to Prevention and Treatment of Osteoporosis. *Osteoporos Int*. 2015; 26(7): 2045–2047. Published online 2015 May 19. doi: 10.1007/s00198-015-3037-x. Source: National Osteoporosis Foundation. Washington, DC: National Osteoporosis Foundation; 2015.

[View these guidelines on the National Osteoporosis Foundation's website.](#)

American Association Of Clinical Endocrinologists and American College Of Endocrinology Clinical Practice Guidelines For The Diagnosis and Treatment Of Postmenopausal Osteoporosis — September 2016; *Pauline M. Camacho, MD, FACE; Steven M. Petak, MD, MACE, FACP, FCLM, JD; Neil Binkley, MD; Bart L. Clarke, MD, FACP, FACE; Steven T. Harris, MD, FACP Daniel L. Hurley, MD, FACE; Michael Kleerekoper, MBBS, MACE; E. Michael Lewiecki, MD, FACP, FACE; Paul D. Miller, MD; Harmeet S. Narula, MD, FACP, FACE; Rachel Pessah-Pollack, MD, FACE; Vin Tangpricha, MD, PhD, FACE; Sunil J. Wimalawansa, MD, PhD, MBA, FCCP, FACP, FRCP, DSc, FACE; Nelson B. Watts, MD, FACP, MA*

[View these guidelines on the American Association of Clinical Endocrinologists website.](#)

Preventive Health Guidelines

Sanford Health Plan's Preventive Health Guidelines are adapted from a variety of sources including: *Guide to Clinical Preventive Services* from the U.S. Preventive Services Task Force, Centers for Disease Control and Prevention, the Sanford Health Plan Physician Quality Committee, Bright Futures and a variety of other evidence based clinical practice guidelines as noted in this document.

[View the US Preventive Services Task Force recommendations on their website.](#)

Preventive Pediatric Health Care

2017 Recommendations for Preventive Pediatric Health Care. Bright Futures/American Academy of Pediatrics. American Academy of Pediatrics, 2/2017.

[View these guidelines on the American Academy of Pediatrics website.](#)

Substance Use Disorder Guidelines

Adult:

The ASAM Criteria: Treatment Criteria for Addictive, Substance-Related, and Co-Occurring Conditions Third Edition, 2013.

The ASAM criteria are clinical guides designed by the American Society of Addictive Medicine.

[View these guidelines on the American Society of Addictive Medicine website.](#)

Children:

Winters K.C. et al. (2018) Adolescent Substance Abuse Treatment: A Review of Evidence-Based Research. In: Leukefeld C., Gullotta T. (eds) Adolescent Substance Abuse. Issues in Children's and Families' Lives. Springer, Cham; DOI:10.1007/978-3-319-90611-9_5

[View these guidelines on the Springer website.](#)

Substance Use Screening, Brief Intervention, and Referral to Treatment for Pediatricians. Committee on Substance Abuse. *Pediatrics* 2011; 128; e1330-e1340; originally published online October 31, 2011; DOI: 10.1542/peds.2011-1754.

[View these guidelines on the American Academy of Pediatrics website.](#)

Tobacco Cessation

Treating Tobacco Use and Dependence: 2008 Update. Fiore MC, Jaén CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update. Quick Reference Guide for Clinicians. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. April 2009. Revised November 2017.

[View these guidelines on the AHRQ website.](#)

National Guidelines For Smoking Cessation in Primary Care: A Literature Review and Evidence Analysis Verbiest, M., Brakema, E., Van der Kleij, R., Sheals, K., Allistone, G., Williams, S., . . . Chavannes, N. (2017, January 20). National Guidelines for Smoking Cessation in Primary Care: A Literature Review and Evidence Analysis. *Nature Research Journal*, 27(2).

[View these guidelines on the Nature International Journal of Science website.](#)

Behavioral and Pharmacotherapy Interventions for Tobacco Smoking Cessation in Adults, Including Pregnant Women: U.S. Preventive Services Task Force Recommendation Statement. Source: Albert L. Siu, MD, MSPH, for the U.S. Preventive Services Task Force. *Ann Intern Med.* Published online 22 September 2015 doi:10.7326/M15-2023. Updated on October 20, 2015.

[View these guidelines on the AHRQ National Guideline Clearinghouse website.](#)